

Retiree News

A Supplement to the Desert Airman

Friday, April 26, 2002

Notes to Know

Walgreens accepts TRICARE

Beginning April 1, you can have your prescriptions filled at your local Walgreens pharmacy paying the usual 30-day supply co-pay of \$3 generic and \$9 name brand.

This addition to participating providers in TriWest's TRICARE civilian network greatly increases the local options for having your prescriptions filled.

Volunteers Needed

Are you interested in volunteering with the Retiree Activities Office? If so, please call the RAO and let the volunteer know what you'd like to do. Volunteers are needed in the pharmacies and at the information desk to name a few locations. If you are interested in the Medical Group's history program, call John Jacobsen, at 228-2914.

If you can help, call the RAO at 228-5100. You can also e-mail: retired@dm.af.mil or write: Retiree Activities Office, 5345 East Madera Street, DMAFB, AZ 85707. You can visit the office: go south on Craycroft Road, turn right after the water tower onto Madera and 5345 is the third building (Building 4310) on the right. There are instructions on the door as to how to enter the building. Volunteers normally man the desk from 9 a.m. to 2 p.m.

Retiree and Volunteer Appreciation

The February 5 Retiree Appreciation Day was a great success. More than 180 retirees and family members attended this all-day event. The usual medical, legal, pay, and veteran's briefings were well received. In addition retired Maj. Gen. Murray, President of NAUS gave a legislative update, and Col. Paul Schafer, 355th Wing Commander, gave a briefing on base building projects. Many helpful handouts were available to attendees, and health screenings were done. No date has been set for the next retiree appreciation day, but watch the *Desert Airman* for an article and plan to attend.

See **Notes**, Page 3

Enhanced dental benefits

Benefits under the TRICARE Retiree Dental Program were enhanced about a year ago. The basic program will continue to be available through January 2003 for anyone enrolled in the program prior to 1 September 2000 who wishes to remain at the basic level of coverage.

The enhanced program offers these additional services:

- ◆ A second cleaning within 12 months
- ◆ An allowance toward payment for tooth-colored fillings on back teeth
- ◆ Dental accident coverage and

◆ Additional diagnostic and preventative services.

These additional benefits will be available after 12 months of continuous enrollment in the enhanced program:

- ◆ Cast crowns, cast restorations and bridges covered at 30 percent,
- ◆ Full and partial dentures covered at 30 percent; and
- ◆ Orthodontic coverage for both adolescents and adults at 50 percent.

See **Dental Plan**, Page 3

Participation needed to create plaza

The Southern Arizona VA Health Care System Voluntary Service Committee is inviting everyone to participate in the development of the SAVAHCS Veterans Commemorative Plaza.

The plaza will be adjacent to the new ambulatory care addition and will provide a pleasant garden of seating space and a path for remembrance and reflection of veterans and their service to our nation.

You can be a part of this tribute to veterans by having a personalized brick inscribed with any veteran's name (your own, a family member's, or a friend's) on the path of the Veterans Commemorative Plaza. Donors, with their inscribed bricks, are the building blocks contributing to the completion of this project. By making a minimum, tax-deductible

donation of \$75, a brick will be inscribed with the name and branch of service of the veteran you wish to honor.

To order a personalized brick, mail a check payable to VA Volunteer Services (VAVS) to Veterans Commemorative Plaza, VAVS (9-135), SAVAHCS, 3601 S. 6th Avenue, Tucson, AZ 85723. Include your name, address, phone number, and copy of proof of veteran status (i.e., DD214, Social Security Number, etc.) The bricks can be inscribed with two 14-character lines (count the space between names as a character). Items that may be included on the brick include years of service, birth and death dates, military grade, war service, unit, rank, or campaign served in.

For more information, call 792-1450, ex 6703. (Courtesy of SAVAHCS Volunteer Newsletter, October 2001)

Long-term care insurance becomes law

Public Law 106-265, the Long Term Care Security Act, passed both the House and the Senate unanimously with broad bipartisan support and was signed into law on September 19, 2000.

The Office of Personnel Management contracted with insurers John Hancock and Met Life who formed a joint venture called Long Term Care Partners. An early enrollment period was held from March 25 – May 15. The Open Season for regular enrollment will be July 1 – December 31, 2002.

What family members will be eligible? Family members eligible to apply for long term care insurance coverage include spouses and children 18 years and older of federal, postal and military employees and retirees; and par-

ents, stepparents, and parents in law of federal, postal or military employees. OPM may add additional family members by regulation.

A postcard was sent by Long Term Care Partners to all annuitants and retirees inviting all to subscribe to a free *Get Smart About Your Future* monthly bulletin. If you missed requesting this bulletin or want to consult with a long term care insurance specialist, call 1-800-582-3337 or TDD 1-800-843-3557.

Information will be posted when available on the Office of Personnel Management Web site at <http://www.opm.gov/insure/ltc/index.htm>.

(Courtesy of Dover AFB, DE Retiree News, 17 October 2001 and above web site)

Volunteers Complete 2001 Tax Season

Thirty-eight Retiree Activities Office and four active-duty volunteers are recognized for their work with the Volunteer Income Tax Assistance program for the 2001 tax season. We thank the volunteers and appreciate the efforts of those listed below who helped achieve another successful tax season. The volunteers worked in tax preparation, administration, scheduling and various assistive and coordinating functions.

Bob Agney	Glen Geisert	Bob Ratledge
Dave Barclay	Ray Griffith	Molly Reilly
Jean Barkley	Tech Sgt.	Dick
Skip Barkley	Veronica	Rhodehamel
Louise Bennett	Jankowski	Benny Robinson
Jim Blaylock	Marcus Johnson	2nd Lt. Tom Shih
Helen Bouska	Joe Kawulok	Chuck Smith
Bobbe Boyer	Bert King	1st Lt. Todd
Judy Breeding	Gary Lape	Smith
Kirk Carpenter	Len	Bob Speer
Arnella	Levandowski	Mary Pat
Corrigan	Neal MacArtor	Sullivan
Chris Couch	Mac McMunigle	Lyle Walter
Monty Crook	Herb Niehaus	Bill Wells
Virginia Crook	Linda Paul	Staff Sgt. Angela
Armen Dermen	Jack Pollin	Yetto
Duane Ford	Tom Rankin	

TRICARE Beneficiaries still need to update to DEERS

TRICARE beneficiaries who have Medicare need to update their records with the Defense Enrollment Eligibility Records System if they have not already done so. According to Barbara West, Health Benefits Advisor, there are still people who have not given their Medicare Part A and B information to DEERS. The DEERS computer needs to know that you have Medicare Part A and B in order to assist with eligibility. This pertains to people who are younger than, as well as 65 years of age and older.

Please take your Medicare card to Bldg. 3200, Customer Service counter, 228-4425. They will be able to input this information into the DEERS computer. You can also call the DEERS office at 1-800-538-9552 to see if your information is up to date.

NOTE: Beneficiaries who have Medicare Part A only, DO NOT have TRICARE as a benefit! You MUST also have Part B in order to have TRICARE.

A special Valentine's Day

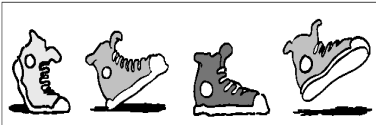
The Society of Military Widows along with active-duty members made Valentines Day special at the VA Hospital this year. They gave out more than 200 dozen home-made cookies and cupcakes at this veteran's appreciation day. Each patient also received a chocolate valentine.

The military widows run a Day Ward coffee shop on the 2nd and 4th Wednesdays of the month from 10 am until 1 pm. This is a new Day Ward activity in addition to the monthly birthday parties held the last Friday of the month.

A music program for VA patients is being established. Donations of musical instruments that are in good working order are needed. If you have an instrument that you would like to donate, or if you would like to volunteer at the VA in any of the widow's projects, call Luella Thornton, 745-8656, or Pauline Pennock, 885-0002.

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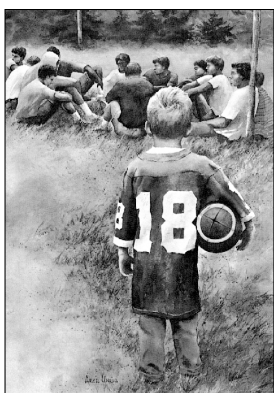
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"Hoping the guys
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This photo was taken in the 1960's at an FCA Camp in Black Mountain, North Carolina, of four-year-old David Dean who is now a college coach influencing young people as he was influenced.



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Answers to common TRICARE questions

I'm confused. When do I file a TFL claim? The only time you need to file a TFL claim is when you have already paid the doctor. If you did not pay a doctor at the time of your visit for a TFL-covered service, you do not need to file a claim. However, if TFL is the third payer, then a TFL claim needs to be submitted. If you receive a bill from a doctor for TFL-covered services, do not submit a claim form. Instead, call your local TRICARE Service Center, 1-888-874-9378, 520-1420 or 1-888-363-5433. They'll help handle the bill with your doctor.

How does my visit to the doctor work when I'm a TFL beneficiary? It's easy. You just show your military ID card, and the doctor will not collect a co-payment from you at the time of your visit. The doctor then sends the claim to Medicare, and Medicare will send the claim to TFL.

Do I need claim forms? You hardly ever need claim forms with TRICARE for Life. Most of the time, your doctor sends Medicare the claim and then Medicare files with TFL. Almost all Medicare claims are assigned, so doctors send claims on behalf of the beneficiaries. If you ever do need to file a claim form yourself, be sure to include a copy of the receipt or itemized statement showing exactly what you paid at the time of the doctor's visit. A copy of the explanation of benefits from Medicare or your primary provider should also be sent. A copy of the beneficiary claim form (DD2642) can be printed from the website: myTRICARE.com by PGBA at <http://www.mytricare.com>. You can call 1-888-874-9378, and select option six on the automated system, to request a form be mailed or you can go to the Davis-Monthan TRICARE Service Center and pick-up a form.

Dental Plan

Continued from Page 1

After 24 months of enrollment in the enhanced program, coverage for cast crowns and restorations, bridges and dentures will increase to 50 percent. The coverage effective date for enrollees in the basic TRDP who choose to upgrade to the enhanced program is the first of

the month following the month in which their upgrade acceptance form is processed by Delta.

For additional information, to upgrade or if you are interested in enrolling in the enhanced program, call the Enrollment Services Department at 1-888-838-8737, 7 a.m. to 5 p.m. Pacific Time, Monday through Friday. Information is also available at the TRICARE Retiree Dental Program web site at www.ddpdelta.org.

(Patrick AFB, Fla. newsletter, October 2001)

Notes

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The base-wide Volunteer Recognition Banquet is tonight. Fourteen agencies that have volunteers on base participate and volunteers from each are recognized for their outstanding work. In the past, this has been a fun night for everyone to show appreciation for their own as well as other agency volunteers. Perhaps you would like to volunteer and next year you can attend this evening of recognition.

Veterans History Project

The Library of Congress is looking for people to share their wartime memories whether they were in the military or a home front civilian. They wish to preserve the accounts of men and women involved in World War I, World War II, the Korean, the Viet Nam, and Persian Gulf Wars. You may call John Lyons, at 742-3078. He will meet with you at a place and time of your convenience. The histories will be part of a book and tape that will be sent to Washington, DC. For more information check www.loc.gov/folklife/vets.

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New Book Brings Help and Confidence to Parents of Toddlers

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That's what author Bridget Barnes believes parents who use the techniques and skills explained in the new book, *Common Sense Parenting of Toddlers and Preschoolers*, can gain. Those skills have been taught to parents of 2 to 5 year-olds in workshops offered by Girls and Boys Town since 1996 and are now available to any parent through the book just published by Boys Town Press.

When a parent realizes that "I can correct my child, he or she may get upset with me, but the child is still going to love me," the parent gains confidence, according to Barnes. The book shows parents how to stay calm, communicate clearly, set boundaries, have reasonable expectations, give consistent consequences, and teach a young child self-control and other skills.

Parenting toddlers can be a time of high conflict. Many couples are just finding out that they have very different parenting styles — one may see the other as either too lenient or too strict, says Barnes. It may not be an exaggeration, she adds, to say that agreeing to use *Common Sense Parenting®* techniques "saves marriages. It can lead to a lot less strife."

Parents, according to Barnes, list many of the same problems

with their toddlers — acting up at bedtime and meals, throwing temper tantrums, refusing to take "no" for an answer, etc. In dealing with these issues, however, parents also make common mistakes — treating children like "little adults," giving kids choices they're not equipped to make, and setting expectations too high.

Young children, she says, need lots of reminders, assistance, modeling, and patience. The book provides step-by-step information on how to do these things. Also included are answers to dozens of questions frequently asked by parents of toddlers.

Barnes is the mother of two and stepmother of four children and has been a *Common Sense Parenting* trainer for 13 years.

Common Sense Parenting of Toddlers and Preschoolers is available from the Boys Town Press, 14100 Crawford St., Boys Town, NE 68010, 1-800-282-6657, www.girlsandboystown.org/btpres

Boys Town Press is the publishing division of Girls and Boys Town, the original Father Flanagan's Boys' Home.

For more tips on parenting, visit our Web site: www.parenting.org or call the Girls and Boys Town National Hotline, 1-800-448-3000.

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